

Nutrition & Physical Activity Arizona 2006

Definition

Major causes of death and disease in the United States (US) are a result of poor diet, sedentary lifestyle, and overweight/obesity. During the past 20 years, obesity has risen significantly in the United States. The latest show that 30 percent of U.S. adults 20 years of age and older (over 60 million) are obese. Among children and teens aged 6–19 years, 16 percent (over 9 million young people) are considered overweight. Reduced risk for major chronic disease such as cardiovascular disease, type 2 diabetes, hypertension, and certain cancers can be achieved through diet and physical activity. The recommended amount of physical activity is either a moderate amount of physical activity done 5 or more times a week for 30 minutes each time or a vigorous amount of physical activity done 3 times a week for 20 minutes each time (USDHHS, Physical activity and health; a report of the Surgeon General, At A Glance, 1996). This recommendation is also supported by the Centers for Disease Control and Prevention (CDC). Fruits and vegetables provide essential vitamins and minerals, fiber, and other nutrients that are important for good health. Diets rich in fruits and vegetables may reduce the risk of certain cancers and chronic diseases. The recommended amount of fruits and vegetables is 5 or more servings per day (CDC, <http://www.cdc.gov/nccdphp/dnpa/nutrition/index.htm>, accessed March 2006).

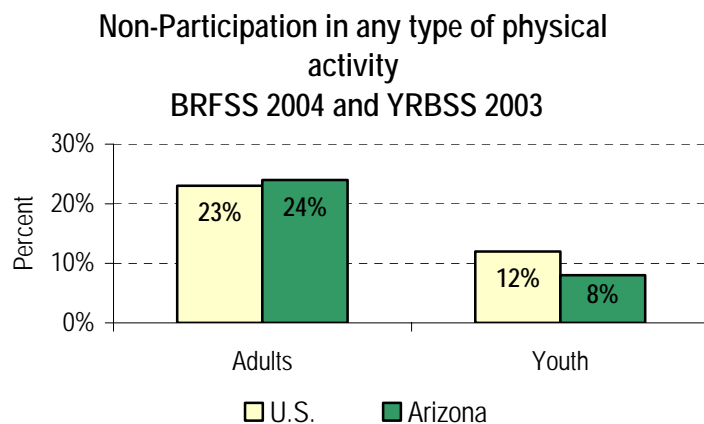
Data Sources

The Behavioral Risk Factor Surveillance System (BRFSS) is a random sample telephone survey that assesses the health status of adults (18 years and older) across the United States. The BRFSS is designed to be representative of all households. This report presents information based on the 2004 AZ BRFSS. The Youth Risk Behavior Surveillance System (YRBSS) is a nationwide survey that assesses the health status of youth in grades 9 through 12 biennially. The YRBSS was conducted for the first time in 2003 for Arizona. The YRBSS is designed to be representative of students in grades 9 through 12. The State and Local Area Integrated Telephone Survey (SLAITS) is a data collection mechanism also developed by the Centers for Disease Control and Prevention (CDC) and is used to assess the weight status of children 10-17 years of age. SLAITS supplements national data collection efforts to collect in-depth health care data at the state and local data for various program needs. The Arizona Women, Infants, and Children (WIC) program participates in the Pediatric Nutrition Surveillance System (PedNSS). PedNSS is a surveillance system that monitors the nutritional status of low-income infants, children, and women in federally funded maternal and child health programs (i.e. WIC).

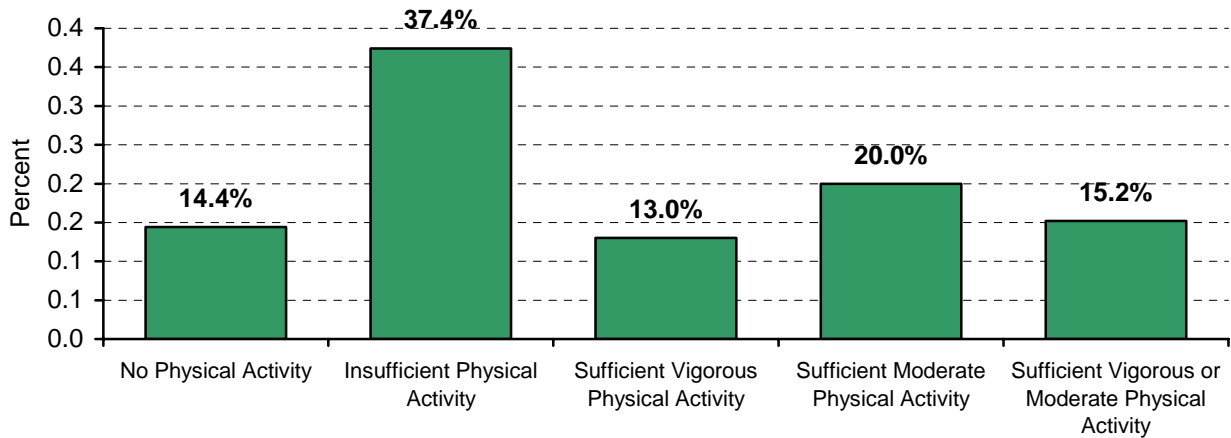
Physical Activity

In 2004, 23 percent of U.S. adults said that they did not participate in some form of physical activity in the last 30 days compared to 24 percent of Arizona adults. In 2003, 12% of U.S. youth in grades 9 through 12 did not participate in any moderate or vigorous physical activity compared to 8% of Arizona youth in grades 9 through 12.

Analysis of the 2004 BRFSS data indicate that 37.4 percent of all respondents reported insufficient activity for both moderate and vigorous physical activity. Only 15.2 percent of respondents met the recommendations for both moderate and vigorous physical activity.



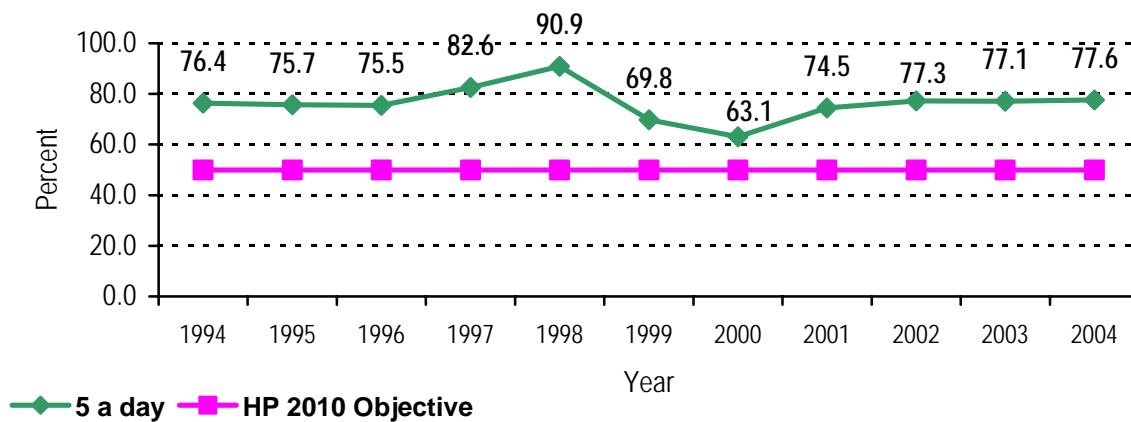
Adult Levels of Physical Activity AZ BRFSS 2004



Nutrition

In 2003, 77 percent of U.S. and Arizona adults said they consumed less than 5 servings of fruits and vegetables per day (BRFSS 2003). Approximately 80% of youth in grades 9-12 consumed less than 5 servings of fruits and vegetables per day in the past 7 days and 85% drank less than 3 glasses of milk per day during the past 7 days in 2003 (AZ YRBSS 2003). In 2004, 78% of Arizona adults reported eating less than five servings of fruits and vegetables per day (AZ BRFSS 2004).

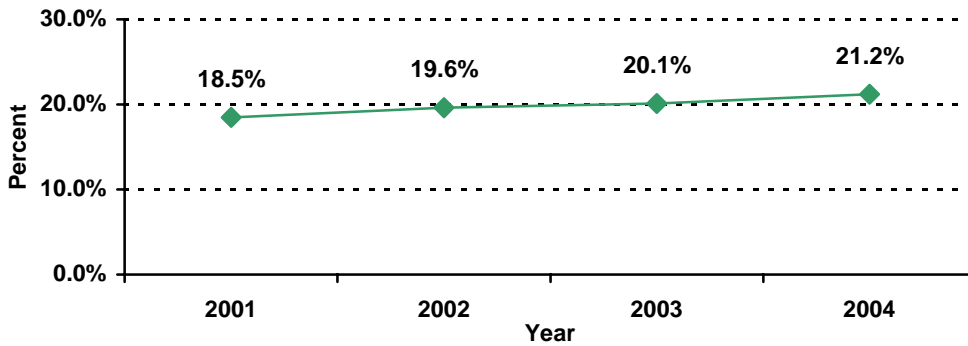
Percentage of Arizonans Not Eating '5-A-Day'



Obesity

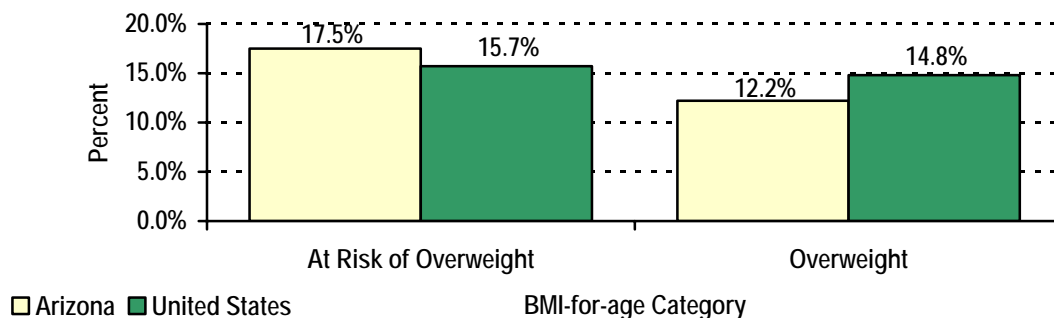
Approximately, 21% of Arizona adults met or exceeded the Body Mass Index (BMI) standard for obesity. This standard is defined as a BMI ≥ 30.0 . There has been a steady increase in BMI since 2001.

Percent of obese adults AZ BRFSS 2001-2004



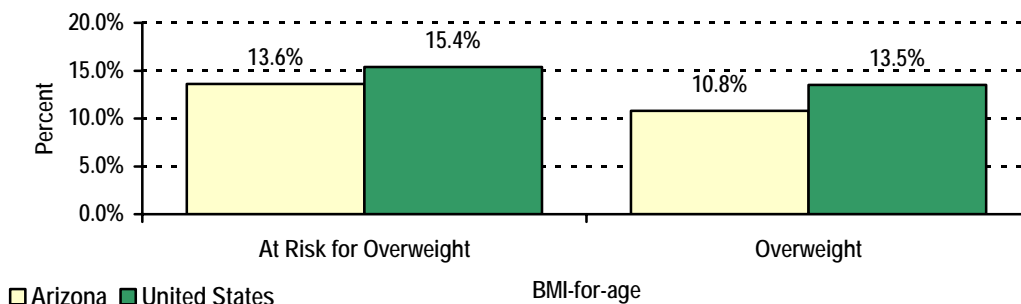
SLAITS data shows approximately 12% of Arizona's children ages 10-17 are overweight compared to 15% for the US. A greater percentage of Arizona children (18%) are at risk of overweight compared to US children (16%).

Weight status of children/youth (ages 10-17) based on children's BMI-for-age, SLAITS 2003.



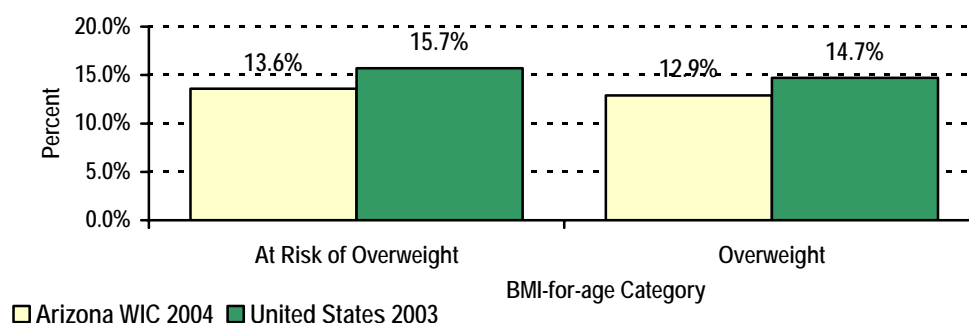
Approximately 11% of Arizona youth in grades 9-12 are overweight compared to 14% of US youth in grades 9-12. A greater percentage of US youth (15%) are considered 'At Risk of Overweight' compared to AZ children (14%).

Weight status on high school students (grades 9-12) based on children's BMI-for-age, YRBSS 2003



National PedNSS data are available for 2003 but do not include the State of Arizona's PedNSS data. A greater percentage of US children are both at risk of overweight (16%) and overweight (15%) compared to Arizona (14% and 13%, respectively) http://www.cdc.gov/pednss/pednss_tables/index.htm. Preliminary data analyses of Arizona WIC data for 2005 show approximately 35% of children are at or above the 85th percentile. This is approximately 10% more than expected (AZ WIC Program Integrity Team, March 2006).

Weight status of children (ages 2-5) based on children's BMI-for-age,
Arizona WIC 2004 & U.S. PedNSS 2003



Best Practices

The CDC's National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP) acknowledges five states (Colorado, Massachusetts, North Carolina, Pennsylvania, and Washington) for exemplary state programs in nutrition and physical activity. For detailed description of the exemplary state programs please visit <http://www.cdc.gov/nccdphp/publications/exemplary/>.

Current State Efforts

Arizona's Nutrition and Physical Activity Program (NuPA) has developed a comprehensive state plan that focuses on improving nutrition and increasing physical activity to reduce the number of overweight and obese state residents. Currently, NuPA collaborates with the following organizations:

- Arizona Steps to a Healthier Arizona Initiative (STEPS) to promote better health and prevent disease in Arizona and Mexico border communities.
- Arizona Health Care Cost Containment System (AHCCCS-Arizona's Medicaid program) to develop standards for identifying and managing childhood obesity treated through AHCCCS providers.
- Arizona WIC and Nutrition Network programs to develop a portion size and healthy weight campaign targeting parents or caregivers of children ages 5 and under.

NuPA also completed the *Arizona Nutrition and Physical Activity State Plan* and unveiled it in February 2005.

For more information on Arizona's NuPA program please call the Office of Chronic Disease Prevention and Nutrition Services at 602-542-1886.